



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 111

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## Spicy Meatballs with Pomodoro Sauce

### PREPARATION

- 1 - Preheat the oven to 400 degrees.
- 2 - Combine meatball ingredients with your hands in a medium bowl. Divide into 1-2 inch balls (a cookie scoop works great). Place on a foil lined cookie sheet and bake for 13-14 minutes.
- 3 - Meanwhile, heat a large saute pan over medium heat. Add a tablespoon of oil and the onions and cook until translucent. Add tomatoes, tomato sauce, garlic, and basil and a pinch of salt and pepper. Bring to a gentle boil, cover and simmer over low heat for 10 minutes.
- 4 - Add the kale to the sauce and cook, stirring occasionally, until wilted, about 5 minutes.
- 5 - When the meatballs are done, take them out of the oven and transfer them to the saute pan to simmer with the sauce while you cook the pasta.
- 6 - Bring a medium pot of water to boil and cook pasta according to package directions. Drain and toss with the sauce.
- 7 - Divide into bowls and serve hot. Top with grated Parmesan and chopped parsley.

### Spicy Meatballs with Pomodoro Sauce



Cooks Note: Dark greens and spaghetti make a terrific combo. Add in homemade meatballs and a spicy pomodoro sauce, and you're sure to have a crowd pleaser.

Bon Appétit  
-George

(photo by Marc-Henri)

### INGREDIENTS

#### For Spaghetti Pomodoro:

- 1/2 lb spaghetti
- 1-15 oz can diced tomatoes (or 6 whole Roma tomatoes, diced)
- 1-8 oz can tomato sauce
- 1/2 medium onion, diced
- 1 tablespoon minced garlic
- 2 tablespoons fresh basil
- 1 (4-6 ounce) bunch of kale, stemmed and chopped
- salt and pepper to taste

#### For Meatballs:

- 3/4 pound ground beef (higher fat content preferred)
- 1 egg
- 1/2 cup grated Parmesan
- 1/4 cup grated onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon dried parsley
- 1/2 teaspoon crushed red pepper

### COOK'S NOTE:

Dark greens and spaghetti make a terrific combo. Add in homemade spicy meatballs and pomodoro sauce, and you're sure to have a crowd pleaser.

Bon Appétit!  
-George